



# TIPS for Managing Stressful Times related to COVID 19: *Healthcare Workers*

## Topic 5: **Altruism: A Way to Feel Better in Difficult Times**

Altruism is an important way to improve your mental health during these trying times. As a healthcare team, you are making the ultimate sacrifice by caring for others right now. While much of the world is working from home, you are on the frontlines, selflessly sacrificing while trying to keep your home lives afloat.

A little bit of kindness goes a long way for your own mental health and the wellbeing of our broader community. We know from the research that giving often causes an upward spiral of more giving. Start a positive ripple effect for those around you. There are many members of our community who will be hit harder than others. Here are a few ways to help:

*Consider making a donation to a local food bank or a global organization working to provide relief to victims of COVID-19. Support a small business that may be struggling to pay their employees. Leave a generous tip for someone in the service industry, or pay for a service that you are no longer able to engage in during this time of social distancing.*

[Think about ways to get involved and give.](#)  
[Click to learn more about living a purposeful life.](#)



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